

# Reflections on a Medical Rotation in Kenya

Chantal Lisette Morrison  
CCRMC Noon Conference  
June 1, 2009

# Overview

---

- Pre-trip Contemplation
- Maseno, Kenya
- Maseno Mission Hospital
- Maseno Mission Orphan Program
- A Day in the Life Maseno Resident
- Case Presentation
- Resident Well-being
- Questions

# How Can I Serve Internationally?

- Short-term Commitment
  - Flying Doctors of America – Medical Mercy Missions  
<http://www.fdoamerica.org>
    - 1-2 week long commitment
  - <http://www.shorttermmissions.com>
- “Long-term” Commitment
  - Doctors Without Borders
    - Secular humanitarian-aid NGO (war torn areas & developing countries)
    - 6 month commitment (1 month surgery/anesthesia)
- Life time Commitment
  - Medical Missions
    - Medical missionary career shortening from 30-40 to 4 yrs

# Medical Tourism

- **Medical tourism** (also called **medical travel**, **health tourism** or global healthcare) is a term initially coined by travel agencies and the mass media to describe the rapidly-growing practice of traveling across international borders to obtain health care. (Wikipedia)
- What occurs when physicians travel internationally to provide healthcare?
  - What is an appropriate time commitment?
  - How should you be “helping” while you are there?
  - What happens when you leave?

# Maseno, Kenya

---

- Location: 20 km northwest of Kisumu (on Lake Victoria)
- Population: 65K
- Sites:
  - Maseno University
  - Maseno School
    - Barack Obama Senior's grade school
  - Maseno Mission Hospital



# Barack Obama Sr's School





# Morning Run



# Mamma Monkey





# Housing





# Market





# Neighborhood Crew



# Future Doctor?





# Public Health Graffiti





# Maseno Mission Hospital

- History
  - 1906 ~ Anglican mission under a fig tree
  - 1930-1980s ~ Flourished as “model Western Province” hospital with clinic, outpatient, inpatient wards, OR and Xray
  - 1990’s ~ Internal & external strife led to decline despite Swedish Rotary help
  - 2001 ~ Nan & Gary Hardison arrive from San Diego through USA Volunteers for Mission Service in Anglican Church



# Maseno Mission Hospital

- 2001-2009
  - Upgrade wards, pharmacy, lab, x-ray
  - Comprehensive Care Center
    - HIV/AIDs clinic funded through PEPFAR
    - Outpatient TB clinic
  - Training of local health care workers (clinical & medical officers)
  - Revitalize School of Nursing
  - Teaching of US health care workers (public health, nurses, med students & residents)



# Maseno Hospital

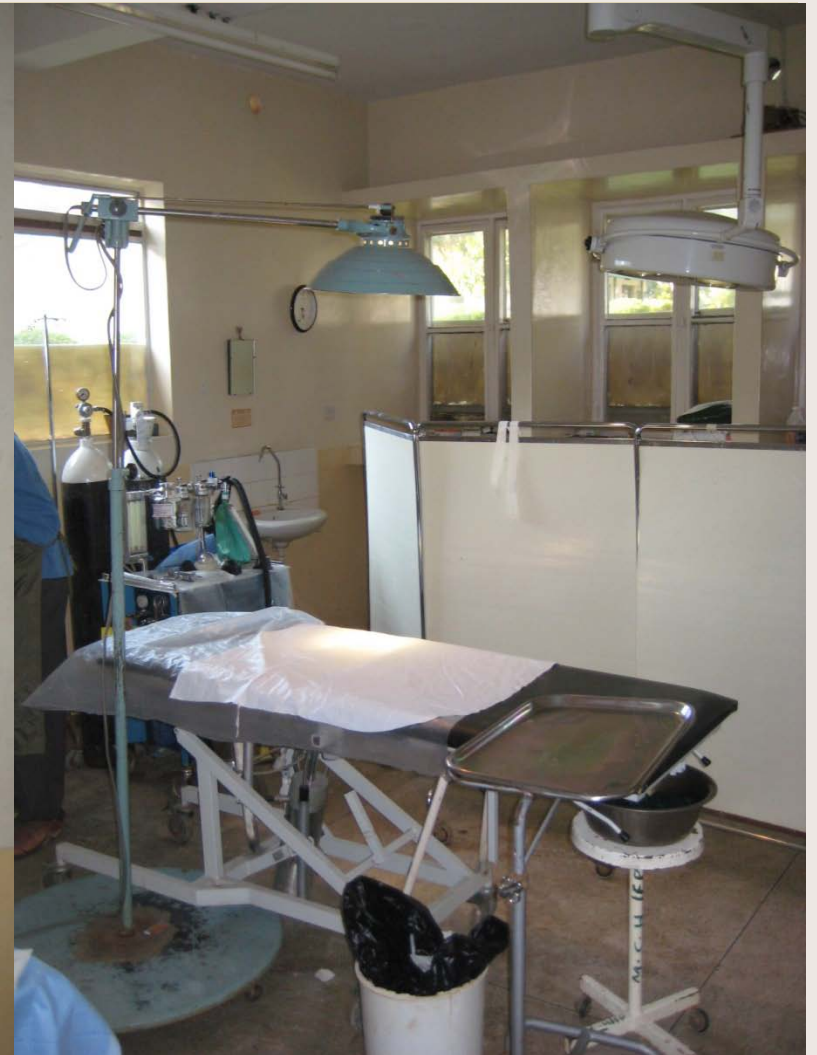




# The Wards



# Isolation Ward & OR





# Scrub Wash Day



# Xray Images





# Maseno Mission Orphan Program

- “Orphan” = child who has lost one or both parents to HIV/AIDS or other disease/accident
- 19,000 orphans in 20km radius of Maseno Mission Hospital
- 2003 - 4 parishes with no outside funding
- 2009 - 38 parishes serving 7,000 orphans/wk funded by US churches

# Maseno Mission Orphan Program

---

- Leadership – Nan Hardison with local volunteers
- Orphan Guardians
  - Relatives (surviving parent or grandmother)
  - Neighbors (in child-headed households)
- Funds
  - Saturday education program (water purification)
  - Saturday meal (tea, beans, rice/maize)
  - Medical care for orphans and guardians
    - Mobile medical team (local volunteers)
    - Free inpatient care at Maseno Mission Hospital

## Orphan Program – Guardian Volunteers









# Day In the Life of Maseno Resident - Before

- 0630-0830: Run, leisurely breakfast
- 0830-1230: Round on inpatient men's, women's, pediatric wards and consult on OB/Gyn ward then go to clinic (HIV or Family Medicine)
- 12:30-14:30: Lunch, internet, read
- 14:30-18:00: Ultrasounds, inpatient rounds, sigmoidoscopy
- 18:30: Return to Rotary House, read, hang out with neighbors, "download"

# The Team - Before





# Rotary House



# Preparing Dinner





# Hanging out with Neighbors



# Day in the Life of Maseno Resident - After

- 0630-0830: Run, read medical texts
- 0830-1230: Round on inpatient men's, women's, pediatric wards then go to clinic (HIV or Family Medicine) or read medical texts
- 12:30-1430: Read medical texts
- 14:30-1800: Inpatient rounds, circumcisions
- 18:30: Return to Rotary House, read medical texts



# The Team - After



# Pre-Circumcision





# Circumcision



# Post-circumciscion





# Helpful Skills

---

- ULTRASOUND !!!
- OB
  - C-sections
  - MVA, D&C
- Ortho
  - Dislocation
  - Casting, splinting
- Lab
  - Microscope
  - Culture analysis

# Ultrasound





# Essential Books

---

- WHO Guidelines for the Management of Common Illnesses with Limited Resources (inpatient pediatrics)
- Clinical Guidelines Diagnosis and Treatment Manual ~ Medecins Sans Frontieres 7<sup>th</sup> edition

# Case Presentation – 30 F

- CC: Headache x 2 days
- HPI: 30 F c headache, nausea, decreased appetite, fatigue, intermittent disorientation, neck stiffness – x 2-4 days and weight loss 10-15kg & diarrhea x 2 months. Fevers x 1 day. No photophobia, no cough, no night sweats.
- PMH: Malaria, HIV      PSH: None
- Meds: None      Allergies: None
- SH: Living with aunt as husband kicked her out of their house when he told her she was HIV positive, 3 children living with other relatives



# Case Presentation – 30 F

- PE
  - VS: 101.9 – 120 – 95/55 – 18
  - Gen: cachetic, appears older than stated age, moaning in distress, unable to focus or respond to questions, unable to ambulate
  - HEENT: sensitive to light, PERRLA
  - Neck: stiff, painful to touch
  - CV: tachy, reg rhythm
  - Pulm: clear      Abd: S, mild distended, no masses
  - Ext: muscle wasting, no edema

# Lumbar Puncture





# CSF Under Microscope



# Case Presentation – 30 F

- A/P: 30 F immune compromised with cryptococcal meningitis
  - Resuscitation
  - Fever control
  - Amphotericin B
    - Hydrate
    - Monitor for fever, chills, hypotension, tachypnea, anorexia, tachycardia, vomiting
    - Monitor potassium (risk hypokalemia) and cr (renal failure)
    - Monitor for acute pulmonary reaction



# Resident Well-Being- Kakamega



# Resident Well-Being Crescent Island





# Resident Well-Being Crescent Island



# Resident Well-Being Nairobi





# Resident Well-Being Nairobi

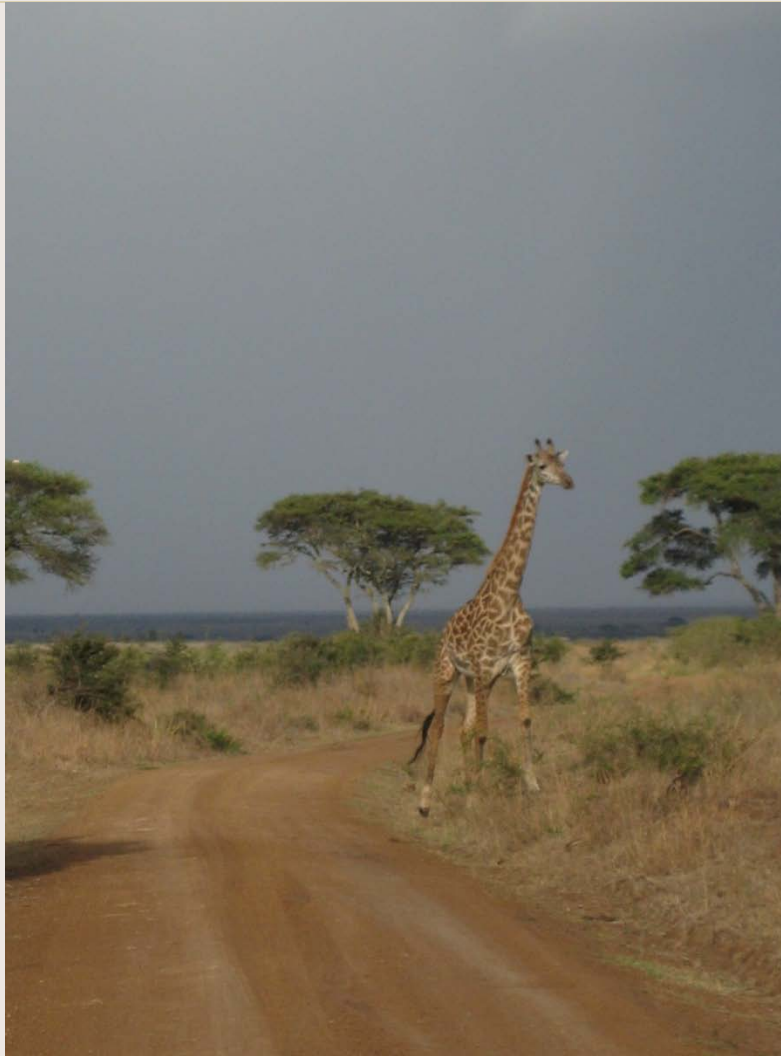


# Resident Well-Being Nairobi





# Resident Well-Being Nairobi



# Contact Information

---

- Nan & Garry Hardison ~ Email:  
hardison@africaonline.co.ke
- Maseno Mission Hospital ~ Website;  
<http://masenomissions.org>





Questions ?

---